

## ABSTRACT OF THE DISCLOSURE

Microwaveable food package and method of manufacturing the same are disclosed. The package comprises an airtight food region, a reversible vapor pressure regulating region, and a passage at a junction between both regions.

- 5 The passage is airtight sealed in a nonoperating state. Whereby heating the food region with a foodstuff contained therein will increase a vapor pressure in the food region, swell the food region, open up the passage, direct hot steam to the pressure regulating region from the food region via the passage for releasing excessive pressure, swell the pressure regulating region, and cause
- 10 hot steam to be automatically regulated by the pressure regulating region. Further, after heating stops, the cooling process will cause both swelled regions to contract, and return both regions to their original states. The package can be a container or bag.